

CRISIS INTERVENTION RESOURCES

SITUATIONS—QUESTIONS TO ASK

SUICIDAL OR DEPRESSED

Has an attempt been made?
Is there a specific plan?
What is the lethality?
How available is the proposed method?
What is the availability of helping resources?

AVAILABLE RESOURCES

Voices of Hope 211/453-4357
Law Enforcement/EMS 911
Benefis Health System
Emergency Room 455-5200
Center for Mental Health 761-2100

ALCOHOL OR DRUGS

What did you take or use?
How much did you consume?
When did you last use?
Is the person violent/suicidal?
What behaviors is the person exhibiting?
Is the person able to provide basic self-care?
Is or should the person be driving?
Are there symptoms of withdrawal?

Gateway Comm Services 727-2512
Benefis Health System
Behavioral Health 455-2367
Law Enforcement/EMS 911
Benefis Health System
Emergency Room 455-5200
Blue Thunder Lodge (Native
Male Substance Abuse) 453-0809

CONFUSED, DISORIENTED OR DISABLED

Do you feel ill?
Are you diabetic?
Do you have seizures?
Are you taking any medications?
Do you have a physician?
What day is it? What time is it?
Do you know your name/ where you are?
Do you have a place to live?

Emergency Medical Services 911
Voices of Hope 211/453-4357
Benefis Health System
Emergency Room 455-5200

BIZARRE OR PSYCHOTIC BEHAVIOR

Are you hearing voices?
Have you been hearing, seeing, or
smelling anything unusual?
Have you consumed any alcohol or drugs?
Do you have seizures? Are you taking
any medications?
Does the person appear frightened, angry,
agitated or depressed?
Does the person appear to be talking to
themselves or no one?
Is the person having hallucinations?

Law Enforcement 911
Voices of Hope 453-4357
Benefis Health System 455-5200

VIOLENT BEHAVIOR/DOMESTIC VIOLENCE

Is there a specific plan to hurt someone?
Is there access to weapons?
Have you consumed alcohol/drugs recently?
Is the person acting bizarre or psychotic?
What is the nature of the threat?
Who is being threatened?
Has actual violence taken place?
Are you safe now? Are you alone?

Law Enforcement/EMS 911

When you don't know what to do...

Guidelines for Family Members and Persons Dealing With Mental Health Issues

Emergency Help

If you or a relative are not currently under the care of a local mental health professional, but you are having a mental health crisis:

* Insist that a mental health professional, such as a mental health counselor, psychologist, psychiatrist or a psychiatric nurse practitioner, meet with you **NOW!**

* Call Voices of Hope 24-hour crisis line at **453-4357 or 211**

If you or a relative is currently under professional care, but the treatment is not effective:

* Insist that your mental health professional meet with you and listen to you to reevaluate your treatment program.

Cascade County Mental Health Resources

Voices of Hope—24/7 Crisis Line 453-4357

Information and Referral for Basic Human Needs 211

Montana Warm Line: M-F 4pm-10pm & Sat-Sun 10am-10pm 1-877-688-3377

Non-crisis support line (www.montanamentalhealth.org)

Montana Suicide Prevention Lifeline - 24/7 1-800-273-8255

Acadia Montana—Kids Behavioral Health 1-800-477-1067

A.W.A.R.E., Inc.—Emotional and Developmental Disabilities 771-8182

Benefis Health System—Addiction, Medicine & Psychiatric services

Inpatient services 455-2380

Outpatient services 455-2367

Center for Mental Health (Adult Outpatient Treatment, Case

Management, Children, Individual and Group Therapy 761-2100

Children and Teen Bereavement Services 455-3040

Crisis Peer Support 727-0426

Full Circle — Group/Individual therapy and therapeutic support 403-6710

Gateway Community Services — Substance Abuse 727-2512

Great Falls Public Schools CARE Program—support for

student and counselors 268-6770

MAFB Mental Health Clinic—active military only 731-4633

Mercy Home — Sexual and Domestic Violence Shelter 24/7 453-1018

Mountain Peaks—Youth & Family Counseling 453-6784

New Directions —Day Treatment, case Management 761-2104

MAFB Mental Health Clinic—active military only 731-4633

PFLAG—Parents, Families and Friends of Lesbians and Gays 868-1064

Rocky Mountain Treatment Center 564-1666

Teen Crisis Diversion Team 791-9606 or 761-9531

Youth Dynamics—Outpatient Therapy & Children

Case Management 453-5592

Feel free to copy and distribute

CHILDREN & FAMILIES

June 25, 2014

Exhibit 4

Sources of Mental Health Information and Assistance

Medicaid Help Line	1-800-362-8312
Medicare Information Line	1-800-633-4227
Mental Health America of Montana, (www.montanamentalhealth.org) (formerly, Montana Mental Health Assoc)	1-877-927-6642
Montana Mental Health Services Plan (MHSP), Eligibility verification	1-800-624-3958
National Alliance for the Mentally Ill (NAMI), National (www.nami.org) NAMI	1-800-950-6264 443-7871
State Addictive & Mental Disorders Information Line	1-888-866-0328
State Mental Health Ombudsman	1-888-444-9669
Substance Abuse & Mental Health Services Admin	1-877-726-4727
Veteran Administration (Psychiatric and Medications)	1-800-827-1000
local #	452-2265

Sources of Medical Assistance

Benefis Health System, 1101 26th Street South, Great Falls	455-5000
Children's Health Insurance Program (CHIP)	1-877-543-7669
City County Community Health Care Center *	454-6973
Cascade City-County Health Department (includes dental)	454-6950
Cascade County Office of Public Assistance (eligibility info)	454-5640
Great Falls Clinic	216-8000
Immediate Care Center	454-7200
Indian Family Clinic	268-1587
Natural Health Clinic	771-7114
Peace Hospice	455-3040
Peace Place Respite Care	453-1411
Planned Parenthood *	454-3431

* Offer sliding fee scale

Legal Resources

Montana Legal Services Helpline	1-800-666-6899
Disability Rights Montana, www.disabilityrightsmt.org (formerly, Montana Advocacy Program (MAP))	1-800-245-4743
Child and Elder Abuse Help Line	1-866-820-5437
Lawyer Referral and Information Services	1-406-442-7660
CASA CAN—Children's Advocate	454-6738
Cascade County Law Clinic	452-6269
Cascade County Victim Assistance Program	315-1111
Child and Family Services, Cascade County	727-7746
Children's Receiving Home	727-4842
Child Support Enforcement Division	727-7449
Legal Offices, MAFB	731-2878
Neighborhood Watch	454-6987
People's Law Center	761-7720

Financial Assistance

Cascade County Office of Public Assistance	454-5640
Emergency Services, Opportunities, Inc.	216-2300
Great Falls Job and Social Services Center	791-5800
My Neighbor in Need	750-2542
Opportunities Inc.—Energy Assistance Programs	761-0310
Social Security Administration —local office	877-583-4114

Food Assistance

Cascade County Public Assistance, Supplement Nutrition Assistance Program (SNAP)	454-5640
Commodity Supplemental Food Program	454-6989
FISH	452-3474
Great Falls Senior Citizen Center	454-6995
Great Falls Food Bank	452-9029
Meals on Wheels Program	454-6993
Mercy Ministries	452-8448
Salvation Army	761-5660
St. Vincent de Paul Society	761-0870

Housing/Shelter Assistance

Fair Housing —City of Great Falls	455-8418
Habitat for Humanity	453-5972
Housing Authority	453-4311
Independent Living Services	452-9834
Mercy Home (Domestic Violence Shelter)	453-1018
Neighbor Works	761-5861
Opportunities, Inc., Housing Programs: HUD, Section 8	761-0310
Rescue Mission	761-2653
Salvation Army	761-5660

Transportation

Great Falls Transit	727-0382
TAXI	388-9999
Aging Services	454-6990
Better Beginnings—assistance with medical appts. related to pregnancy	791-9299

**For more information on Cascade County Resources,
contact Voices of Hope at 211 or 268-1337**

Brought to you by

Family Violence Council
of Cascade County



Local Advisory Council
on Mental Health